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## HYTHMIC NATIONAL

becomen the 1998 Champion. Springs at the U.S.





#### LEARNING TO SHADE

The Agrencian men visited the National Training Center of China in Browner, becoming the first foreign tears in hartory to tryin orderspeek made China's National Sports Center The trip not only Chargeons, but also to visit the city of Timers, the site of the 1999



FA (PANIN) DE DE SECRET PETATE patriculared à l'Espe per a finit. Et pe pou a londre deux esté pe per a évalement, de l'ARRESTE patrici à l'Algorite. Au Médici de 19 Japanes. Au Médici de 19 Japan



Kethy Scenies Edeor unn Peazek

Jelle Jeses-Terwelp Design Associate Mory Burkhart

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### **Gymnastics** HISTORY IN THE MAKING

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USA Gymeratics

The Men's National Then sport a week

Training Instante in Boyrig. This was the custed to train at the Center The Irrend-

Olympic compulsory program at a count lated into Seprech by the Mexicon

Certier this spring, the group

from Rhythnellex Gymnastics, ceached by Cathorine Yakhinsevich,

was awarded the right at the Triefs to represent the United Status at the Group World Sympactics Championships in Soville, Spain. This was the first time the United States has cent a deb-hased arous to a

World Charapionships. this apportant event, which is the World

This mean well be the first databased Germotics is working with a distributor to

The Mee's National Town sport a week training in China at Chine's National Training Institute in Builing, This was the first time ony faraign team has been permitted to trein at this Center.







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#### IN MEMORY OF MIKE BOWERS

Mikit Bowers, a foreser University of Nebraska in a transc indident in lots April in Turnor. Accesses Address SM, was a composable contract tar at the Tucson Parks and Reasonies alsoonment and was aurauma his education degree of the University of America. He sum in funat the University of Nebrasko. His twin brati-A vinwing was held for Miles and was growd

and with blanch, busile burner students and porents who had been Summer Darling, a farmer geneal and surrous of the wrote the following letter in



MY BUDDY Land Mile Severy et the summer ofter 6th grade. He was a seriomore of

direct takes part in his first NGAA. ware heat bodpegryday et stell arection and ing open workent.

Mike had a special ail: for tradition, and his supply year se much that he made you believe in reurself. Mike and I wester back and furth offer cram, we speed another company my first position on the Jr. National Ivens.

and he spent Christmes weentless at my Serge in Abolite On cools soint to pict you. Alike, You best blend. For tought one to believe in mysel, and that has made of the differone. Year D'th Soulds Summer.

TAKING MATTERS INTO HIS OWN HANDS

Davidoson a cratic lead strengly has thems to analyze these prodects. His discovery led to a new inomplents, perquinalitie, was

> THERESA KULIKOWSKI

RETIRES Therman Kaliforniaki the edecrete to the 1996 Clympic Team, has Kalikowski, 18, is from Colorado es fam and Ion Forser. She was ships Toam and a sectime National Team Member

> has been satesfully-can since there Cup overnoutes meet. She plans to

and compete collegiately Good had theread

IRA Community strends whites market the own of DMSD When FDA He was also told by the landin, petrolotum, menol FDA that politer product ad direttleane, vitamin E.

mahly application to points rips and blisters, soothe disand wrise, with sport spoks confort coused by the fricwests and condition for eves or on bedding skin to reduce luture insures Rankin formed a corporation, The result was Hondellolm. which is mock with inproducts 866-836-1226 toll freel and at the 1997 Las Virgos Go For Handobalm is composed or

## JASON WHITFIELD INVITATIONAL

scholarshaps to help with earned \$2,500, and Book been contributed to make Joseph Whitheid o too gymnest who was killed in a matercycle accident in

Sentember of 1991. The Whiteid's powre Congratulations to the winners and franks to the Middledo for their apparet of every governosficial Mary Mr. Acres Catter and Bred Kerne combo their meants.

KRISTY POWELL RETIRES Knot Flowell. 18: and the 1997 USA National Co-Champion, areauroad her retrement from the sport. The made every from there was to make, except the Chargic Team, and although I'd love to make an Chargic

Team. the everyday work that needs to be close is not realistic for the now. My body can't handle it answers." Kinds who was the 1995 American Cars and habout her took was the mild market at the 1995 from American Garree, is giving clinics at gyrns, signing autographs and haping to get into acting and model ms. She plans to attend the University of Circannan in the fall and hapes to pursue drama and actingsometring eise that I can put my energy and efforts into She publish I want to hank there has formed and Steam (Flight) by made belonger to me and belonger me to come back ofter surgery to wer the 1997 National Championships I couldn't have done it without them





Step storing can not be interest. Steel that awaren or USA consumption, "My famour company in a Para American Please age S. Connect Arts - Score Annie.

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believed rick, Time we went to a costle -Are Entret



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#### MEMBER SERVICES UPDATE! All clubs should have required their prociets with the new forms for the 1990-1999 season If you did not receive this pocket, please call 1-800-345-4719. Please send in your form

Member registration forms for the 1990-1992 season as soon as possible. We will begin NOTICE OF RATE INCREASES-FFFFCTIVE AUGUST 1 1998

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Duraday Billy 28 - Eviday July 31 Switzerland's Danghar Li tom us for a tause of feets wheel - fun v. hely 26 When laara call the Spartanburg Monday, July 27 Convention and Visitors B

# Rhythmic World Championships



The U.S. delenation of 12 act off for Smille. Social where the eventuon would control sn the Group Physicsic Groundatics

By Gery Alexander

Bribaldone Spring Coals Key Miles

performed well with the ball and firsthed 17th after the first day of corrections. On Day Two

the U.S. group of Brokubkaya, Cruste Shannaker performed 20th pag of 27 trans with two bonze and three ribbaro

Although the U.S. eventuals had some minor difficulties, they mound up in the making to 16th slave a soul Related than the spend model tole corner 19.166. followed by Spain

anth a 39,133 and Rossa soció a 39,132 On the final day Socie was the hour and ribban world title and Rhade wan the

The neurpapen and television in Spain carried a story

about the American store that "was not expected to be at the competition, yet arrived unth a very competitive town." More wand that she American town has made reach impresentent since the 1596 Ohonor: Games

U.S. GROUP

The newspapers and televisio

American team not expected to be at the competition, ust arrived

NA MATICINAL DILVERANT CROSTO TRAV The USA Group and Sound by Street

County from hoters lift to care. Secretar Educal Kessnels, Alone

with a very competitive team. M NAME OF THE PARTY OF THE PART





#### MORGAN MILLER

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## TARYN DEVEAU CLEAR THREAT before formed to attended suffragile









Photos can be block and splits or order, Surry, photos conset be returned. WEA OF MARKET COMMISSION OF THE 15

#### HEY, THAT'S A PRETTY GOOD DRILL



# THE GOOD OL' STEM RISE ...

last comments come that shifts for very class any more. This has let a

group of skill/driks called stem rises useful in tracking how to kip properly. You don't necessarily need these to dents strucoling to learn it, they can be The hard part about using these drills is that you have to move the bars in really about to be able to da it. Often very different brights. You have to

set of men's parallel bors, you can use the steet are as an entre station. Here time-soving, simplifying trick is to leave rail such that are end is higher, and therefore dayer to the high bor Nay can also ratote the bars in daser by "naverse" and for tall kirls to the wider

ACCOMMUNICACIONISTS Many of the Most expressed both the set and flow have come from most weeks.



New, here's a "aimmick" if you have a

and source experienced through the years from my stort as a blob school enument through my years as a and ethniciae countries disks and "they talk" sections. This others to employee these success late on promised exemplation is to hole the healther level courbes, as to make other conduct have belond me. - LW. SPOTTED AND STRAP SWING-UPS... An "updated" variation of the stem rise is the double fea putting up a support, simulating the kipping action of the area. Safety nate since kids have been known to do silly flyings, make sure with any of these chills you have at least on 8-inch skill outhion underneath them

in case a hand or foot sligs Now that did's an "olde," but you can do the same shill as a single leg stern drill. Ast let them keep oen leg close to the box and slide it. up as you help them "kip" to support, suit like a smale lea street rise. This helps the gymnost learn to coordinate the cornect action of the

developing a "strong" side, or use the "week side" leg to correct that portcular problem ! The most used and common variation on these drifts is the "strapswing up." A weak or beginner "kipper" will be able to at least parfally support her body weight by standing on the strep of the end of the drift. This is a preparation for beginners since they can work it.





gione Guess whalf You gan do a single lea awing up as well. Start in support and "underswind" slown fifthing one less along the bar while supporting her weight an the strap, lest file a "notional list."



POSSIBLE PROGRESSION If I were going to put these together in an ordered sequence, I would stort with the dou-

since she can support hurself by standing on the strop Once she has this slown well, I'd do the spatted clouble leg away up the one holding her arkles. This will make her use her arms a bit more to get up and climinate some of the support she got from standing on the strop. Again, once she's doing it fairly well, I di go to the double log "hanging" strap. This artends her no chance to stone, forces her to

we'd life to see in a good up. Now i'd do the spotted single leg swing up, plangting soles to get her to stort co-relinating the leg action a let. Then I'd fanch with the same single leg citil in the strop, does a little like a rock kip. Of course the whole time you're have auth a number of drill stations to use in teaching and developing kips As with proclams, and much hous is small, your but problems these bless will rive you all same useful ideas in training your gymnasts, or gets you frinking on some even better

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Senior Title



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larie ofter sufferior bun doors in risks. She fa-"To obel its over" and Longita "Today west much beter than preferences. This was one of the best muchs that I've had the year" The eacht others of the U.S. Notiona Locusto and Selfous on Your Schomos housen, Ellie Yakahashi, Alexandra Chemier Aflanto International Rhytheric Gyrenadics

Club come from behind ofter preferances to dam the server title in aroun connection with Halle lapors scored a 9 050 in ribbon competition, to propel herself to the title of

club, books scored a 35 950 total in the love ver medalet Jesseo Haward, who talked a final acces of 35 288. The brarus medal work Rounding out the Junior National Team Goldston, Louren Howey, and Lea Welshman held on after leading preliminaries to claim the

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The American men visited the al Society of Chino in April 23-29, becoming the n feem in history to train e inside China's National ets Contac

The trip not only ollowed the American men to train side by side with the World

Ros Golimore, USA

pulpment, see the hotels. No

three days they train once a day for four The locility for gyrmautics at The Olympic Tenmo Center o autoradino. Betvom men and women from affile four proports overall in the same building. There is approximately 57,000 square feet of gym space

divoted to avmenta. hours during their visit and fulfilled most. If not all of their gook. Coaches were effective and YMNASTICS

The Americans were oble to visit

Forbedden City They were even than of fried scoppious one night or disease. The walfing for the street. Fortunately, it never

Colleges reked the Charge of look of the Americans could purchase all rings and









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erough positive things about the Chinesell The men's propriors is also proteful to the in China Qm Kn a 1997 Chinese

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(228 OE) The NCAA Championships took prices in

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"I hour? nork or gets yet" said Sanagrali. "Ye yet really excited about the items seeing its top-fives of the team-draw



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